



Portsmouth North PCN Newsletter

Welcome to the very first edition of our Portsmouth North PCN newsletter. Our aim is to engage regularly with our patients, sharing the latest news and updates about our services and detail any upcoming events we have planned in the months ahead.

Our PCN works across 2 surgeries in the Portsmouth North area, The Drayton Surgery and Kirklands Surgery, with a total patient population of 32,000.

From clinical assistance and medication reviews, to holistic and welfare support, the main goal of our team is to provide better access to care for our patients, specifically for any needs that may not require a GPs attention.

This month's newsletter will act as an introduction to what a Primary Care Network is, an insight to some of the roles that work within it and, an overview of some of the great work being carried out within our local area.



What is a Primary Care Network?

A primary care network consists of groups of general practices working together with a range of local providers, including across primary care, community services, social care and the voluntary sector, to offer more personalised, coordinated health and social care to their local populations. Networks would normally be based around natural local communities typically serving populations of at least 30,000 and not tending to exceed 50,000. They should be small enough to maintain the traditional strengths of general practice but at the same time large enough to provide resilience and support the development of integrated teams.

In our first addition of 'Meet The Team', we'll introduce you to our Operations Manager and some of our non-clinical roles...

Carly Casey-PCN Operations Manager

"As the PCN Operations Manager, I am responsible for leading the team and making sure our patients have a clear pathway to the additional roles and services. We work collaboratively with multi-disciplinary teams and secondary care, to actively promote access and ensure patients receive the relevant clinical and holistic support."



Meet The Team

Care Coordinators

Our care coordinators play a pivotal role within the PCN. Their main aim is to ensure our housebound patients receive the same level of care, as those patients who are able to come in to surgery and access an appointment.

This service can range from routine annual reviews, to on the day requests to visit patients at home, who may need more urgent observation and info required for a GP to make a diagnosis.



Claire Godden



Simone Marsh

Did you know?

Care Coordinators can also administer flu vaccinations, so if you are one of our house bound or care home patients eligible for the jab, you may receive a visit from Claire and Simone.

Cancer Care Coordinator

Our Cancer Care Coordinator Louise is the first point of contact for patients who have received a cancer diagnosis. She will ensure the pathway of care for the patient is as stress free as possible and offers support not only to the patient, but to their families and carers. This can vary from emotional support, signposting to local services and resources or chasing up referrals and clinical questions.



Louise Pearson



Events



Coffee & Plant Afternoon

During July, we hosted our first ever coffee and plant event. The aim was to bring people together who may be experiencing low mood, isolation or just wanted any opportunity to meet new people in a relaxed and welcoming environment.

The feedback from those that attended was so positive that we decided to host another session in August.

For World Mental Health Day in October, we held a Cuppa and Craft afternoon. Being creative can have great benefits to mental health including, reducing stress, feeling socially connected and refreshing our minds as we take a break from our daily lives.



Lung Cancer Research Morning

On the 16th of August, we hosted our first Lung Cancer Wellbeing Research session. We invited patients currently managing a cancer diagnosis into the surgery for a morning, and tried our best to create a relaxing and informal environment for them to share their thoughts around how we can better support patients diagnosed in the future and what

they would like to see from a wellbeing event. We all found the feedback hugely useful and felt grateful for the patients who attended and shared their stories and experiences, at a time when they are feeling most vulnerable.

If you or a loved one have been impacted by lung cancer, see our 'Upcoming Events' section for details on the Lung Cancer Wellbeing Event.

Events



Health & Wellness Fair

On Friday 6th October, we invited 25 different services from across the city to join us at our first ever Health & Wellness Event. We wanted to host something that helped showcase some of the many great groups and services that Portsmouth has to offer. Over 70 patients from across both of our Drayton and Kirklands surgeries paid us a visit and the feedback from both them and the stall-holders was hugely positive.

Watch this space, we plan to make our next Information Fair even bigger and better....

UPCOMING EVENTS

Lung Cancer Wellbeing Event

This event is for patients who are affected by a lung cancer diagnosis, we welcome informal carers of those diagnosed with lung cancer too. Wherever you are in your journey, you are welcome to join us for a chat.

This event will be held in November, if you would like to join us, please ask reception to put you in contact with the Cancer Care Coordinator, Louise.

Festive Cuppa and Catch Up

Join us for a cuppa and a chat. This session is for patients who are experiencing low mood, social isolation or are looking after a loved one, and need a break from their caring role.

This session will be held in December, if you would like to join this session, please ask reception to put you in contact with the Social Prescriber, Katie.

For more information on events, updates and information, please follow our Facebook page **@Portsmouth North PCN**